



Benedictine Oblates of Nebraska

Living by the Spirit of The Rule of St. Benedict + Associated with Sacred Heart Monastery
www.nebraskabenedictineoblates.org + info@nebraskabenedictineoblates.org + **October 2017**

A Word from St. Benedict's Rule

Brothers, divine Scripture calls to us saying: *Whoever exalts himself shall be humbled, and whoever humbles himself shall be exalted* (Luke 14:11, 18:14). In saying this, therefore, it shows us that every exaltation is a kind of pride, which the Prophet indicates he has shunned, saying: *Lord, my heart is not exalted; my eyes are not lifted up and I have not walked in the ways of the great nor gone after marvels beyond me* (Ps 130[131]:1. And why? *If I had not a humble spirit, but were exalted instead, then you would treat me like a weaned child on it's mother's lap* (Ps 130[131]:2).

Source: *The Rule of Benedict*, RB Ch 7, vv1-4

From a sermon by Saint Bernard of Clairvaux, Abbot



A Reflection on God as Love

Love is sufficient of itself, it gives pleasure by itself and because of itself. It is its own merit, its own reward. Love looks for no cause outside itself, no effect beyond itself. Its profit lies in its practice. I love because I love, I love that I may love. Love is a great thing so long as it continually returns to its fountainhead, blows back to its source, always drawing from there the water which constantly replenishes it. Of all the movements, sensations and feelings of the soul, love is the only one in which the creature can respond to the Creator and make some sort of similar return however unequal though it be. For when God loves, all he desires is to be loved in return; the sole purpose of his love is to be loved, in the knowledge that those who love him are made happy by their love of him. The Bridegroom's love, or rather the love which is the Bridegroom, asks in return nothing but faithful love. Let the beloved, then, love in return. Should not a bride love, and above all, Love's bride? Could it be that Love not be loved?

Sacred Heart Monastery News

Fall Oblate Retreat-October 27-29, 2017 "Five steps to a vibrant Christian Life" Presenter is: Fr. Thomas A. Hillenbrand, O.S.B. The retreat is available to both women and men Oblates. The retreat costs \$120 Scholarships are available. Please Register by October 20, 2017 to S. Patricia Heirigs by visiting our website at <http://yanktonbenedictines.org/oblate> or (605) 668-6017 or (605) 668-6000

Take a Spiritual Pause Retreat

Brother James Dowd, Episcopal Benedictine monk, will lead a mini-retreat on Contemplative Prayer on Sunday, October 15, 2017, from 2:15 to 4:00 pm.

Join Brother James and fellow Benedictine oblates to learn more about this form of prayer. Invite your friends, all are welcome!

The retreat will be held at Serenity acres in Bennet. Serenity Acres is south off of Highway 2. Take the Bennet exit and then take the third right

CHAPTERS	DEANS	LOCATIONS
Hastings	Julienne Bryan, julienne.bryan@nebraskabenedictineoblates.org	St. Cecilia's Health Ministry Building, Hastings
	Carol Barry, majorcarolb@yahoo.com	Madonna Rehabilitation Hospital
	Steve Blum, steve.blum@nebraskabenedictineoblates.org	Sheridan Room
Lincoln	Carol Olson, carol.olson@nebraskabenedictineoblates.org	5401 South St.
	Jim Rea, jim.rea@nebraskabenedictineoblates.org	Lincoln
	Mary Schroer, mary.schroer@nebraskabenedictineoblates.org	
Steinauer	Marcia Borchert, marcia.borchert@nebraskabenedictineoblates.org	Banquet Room, Convent House B&B, Steinauer

(Cottonwood Street) to 15101 Bennet Rd. on the left.

RSVP to:
carol.olson@nebraskabenedictineoblates.org

MONASTERY NEWSLETTERS

To view the full Oblate Newsletter and for online copies of the Yankton Benedictines Newsletter go to the Sacred Heart Monastery Web site and select "Recent News"—Newsletter.
Web site: www.yanktonbenedictines.org.

Worship Notes

OPPORTUNITIES FOR PRAYING THE DIVINE OFFICE

Oblates gather every **Friday morning at 7:30** in the Ryan Memorial Chapel at Madonna Rehabilitation Hospital, 5401 South St., Lincoln, Nebraska, to pray **Morning Prayer**. Everyone is welcome.

Some Lincoln oblats begin their gatherings in the Ryan Memorial Chapel with Morning Prayer. Everyone is invited to pray with them. Please consider adding this prayer office to your spiritual life.

MONASTERY AND CHAPTER GATHER PRAYER PETITIONS

If you would like to send your prayer requests to the monastery, please use Sacred Heart Monastery's prayer submission form.
On the Web:
www.yanktonbenedictines.org/PrayerRequest.php
You may also send petitions to Marcia Straatmeyer at mstraat@neb.rr.com or by using the Prayer Request option on the chapter's Web site.

Introduction to the Divine Office

A special session will be held on Saturday, November 4, 2017 9:30–11:30a.m., in the Nemaha Room at Madonna Rehabilitation Hospital. We will demonstrate how to use the Shorter Christian Prayer book, our chapters' book for the Divine Office. Please plan to come to this session if you are unfamiliar with how to use the Shorter Christian Prayer book. Have you been using Shorter Christian Prayer, but still sometimes feel unsure if you are using it effectively? This session offers an opportunity to get a refresher course.

Chapter News

MARK YOUR CALENDAR

The annual Oblation ceremony will be held on Sunday, November 12, 2017 at 2:30 pm. Note that the time is a change from the 2:00 pm starting time we've had in the past. Let us join those who have heard God's call to share in the Benedictine way of Life by making their Final Oblation and welcome those who are making their Initial oblation.

The Oblation ceremony will be held in the James E. Ryan Chapel at Madonna Rehabilitation Hospital in Lincoln. We will celebrate Vespers, First Oblation for new members, Final Oblation for Novice Oblates, and Renewal of oblation for current members. A reception will follow in the North Commons. Friends and family are invited to attend. Sr. Phyllis Hunhoff, Sr. Patricia Heirigs, and Sr. Maribeth Wentzlaff, prioress, will be coming from Sacred Heart Monastery for the ceremony. Those making Initial and Final oblation will meet at 1:15 in the Chapel for orientation to the ceremony and to meet the Sisters.

Chapter Gatherings

Readings are from *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day* by Macrina Wiederkehr, OSB. October 2017: Chapter 1: The Night Watch. pp. 29-44; chants, p. 182-183

Lincoln

The Chapter Gathering will be held on Sunday, October 8, 2017 at 7:00 pm in the Sheridan Room at Madonna Rehabilitation Hospital.

Hastings

The Hastings Gathering will be held on Saturday, October 14, 2017 at 9:30-11:30 am, at St. Cecilia's Health Ministry Building, 415 N. Kansas, Hastings, NE. Facilitator-Kathy Schroeder.

Steinauer

The Steinauer meeting will be held on October 30, 2017 7:00-9:00 pm in the Banquet Room, Convent House B&B, Steinauer.

Cell Groups

Text: *New Seeds of Contemplation*, Thomas Merton, October reading: Chapters 3-4.
Cell Gatherings

Cell Groups-Oblates are encouraged to further their oblate experience by joining a cell group. Following are the available cell groups, including meeting dates, time, and location.

Grand Island Cell Group

BROTHER LAWRENCE CELL

Facilitator: Jeanette Nordhues

Meetings: The fourth Saturday of the month beginning at 4:30 in the home of Joan Hopkins, 1611 W. Charles St. Grand Island

Hastings Cell Group

SAINT SCHOLASTICA CELL

Leader: Lee Ostdiek

Meetings: The fourth Saturday of the month beginning at 9:30 a.m. The September meeting will be on Saturday, October 28, 2017, 9:30-10:30 am at the St. Cecilia's Health Ministry Building, 415 N Kansas Ave.

Lincoln Cell Groups

BEGINNERS' CELL

Leader: Marti Fritzen

Meetings: Monthly on the fourth Sunday at 7:00 p.m., beginning with Vespers in the chapel at Madonna Rehabilitation Hospital. Then the group goes to the Platte Room for its gathering. The Rule of Benedict (RB 73:8) says that the rule is for beginners; we are all beginners and all are welcome to this cell.

HILDEGARD VON BINGEN CELL

Leader: Carol Roettmer Brewer

Meetings: Every other Saturday, beginning at 8:00 a.m. with Morning Prayer in the chapel at Madonna Rehabilitation Hospital. Following a time for quiet reflection, the members of this cell then gather in a room for *lectio divina* and conversation on a topic or the reading. Following this, members may gather in the cafeteria for breakfast and fellowship. Details: Find out [more](#).

PAX CHRISTI CELL

Leader: Lorene Ludy

Meetings: Monthly on the third Tuesday from 7:00 to 8:30 p.m. at Mary Lu Long's house, 1615 Brent Blvd., Lincoln.

PREFERRING CHRIST CELL

DUE TO CHARLOTTE LIGGETT'S CONTINUED ABSENCE TO CARE FOR HER MOTHER, THE PREFERRING CHRIST CELL WILL MEET WITH THE BEGINNERS CELL. THE FOURTH SUNDAY OF THE MONTH AT 7:00 PM, MEET IN THE CHAPEL FOR VESPERS PRIOR TO THE MEETING.

Omaha Cell Group

ST. GERTRUDE CELL

Leader: Phil Kelley

Meetings: Monthly on the fourth Tuesday at 7:00 p.m. at the New Cassel Retirement Center. Members take turn serving as facilitators for the cell's gatherings.

Shorter Christian Prayer Instructions

We remain in Ordinary Time until Advent. On Saturday night, September 20, we are in Week II, page 187, the 26th Sunday in Ordinary Time. Turn to page 530 for the Magnificat antiphon and concluding prayer.

Area Retreat Offerings

OVERVIEW

We are fortunate to have several monasteries in our area that provide retreat opportunities. We will continue to call your attention to retreats that may be of interest to our oblates. Please visit each monastery's Website for more information on these and other opportunities for retreat offerings. For the convenience of the approximately 20

percent of our members who do not have Internet access, we have provided the phone number and Web address for each monastery.

St. Benedict Center Schuyler Nebraska

Contact: 1123 Road I Schuyler NE 68661,
<http://www.stbenedictcenter.com>, (402)-352-2177

Personality and Prayer, October 28-29, 2017,
Saturday 9:340 a.m. to Sunday after lunch.
Presented by Jodi Blazek Gehr, Benedictine Oblate
of Christ the King Priory.

Sophia Center Atchison Kansas

*Mystics of the World: Confessions of St.
Augustine*, Saturday, October 28, 2017, 9:00 a.m. to
3:30 p.m. Presented by Sr. Sheila Carroll, OSB.

Contact: Sophia Center 751 S 8th Atchison, KS
66002, (913)360-6173,
<http://www.sophiaspiritualitycenter.org>

Newsletter Volunteer Request

One of the many things that David Frye did for us was to take my WORD copy of the newsletter and put it into a template, add his artistic touches and turn it into a beautiful newsletter. While I'll continue to compose the new content for the newsletter, I'm asking for your help on the template part. Is there anyone more techo-savvy than I who would be willing to take on this task? We print newsletters monthly from September through June. Jim Rea releases the email version, and I send out the paper newsletters, so it's just a matter of completing the template. If you would like to contribute your talents and time to the oblates, please consider this task. You can contact me at MajorCarolB@yahoo.com, through our oblate email, or contact one of the deans. Thank you! Carol Barry Lincoln Dean

Newsletter Survey-Your input needed!

The oblate newsletter has followed the same format for years. In an effort to ensure it is interesting and useful for you, we need your input. Following are a list of the topic sections currently in the newsletter. Please let us know what topics

you use and would like to have remain in the newsletter, and what topics you don't think are necessary. Are there other changes you'd like to see? You may email your comments and suggestions to nebraskabenedictineoblates.org, or to MajorCarolB@Yahoo.com, or write to 2843 S. 42 St. Lincoln NE 68506. The oblate newsletter is yours, please help us make it serve you better!

NEWSLETTER TOPICS

Quotation from the Rule of Benedict

Reflection

News From Sacred Heart Monastery

Chapter assignments

Listing of cell groups and assignments

Shorter Christian Prayer book Instructions

Area Retreat Offerings


From the Sacred Heart Monastery Facebook page

We praise and bless You, O Lord,
for You are the King of all ages,
and through Christ your Son
You have made all that is.

In the beginning of the beginning,
You breathed upon the waters of creation,
and filled the earth with life through Your vibrant Spirit.
The heavens declare Your glory, O Lord,
and the stars of the sky bring light to our darkness.

You spoke, and the earth burst forth in life,
You saw that it was good. You called forth creation,
and enlivened every creature on land and sea.
You made human beings in your image,
and set us over the whole world in all of its wonders.
You gave us share in your dominion,
and called us "to till and to keep" this garden,
the work of your hands...

~ AMEN ~

 Benedictine Sisters of Sacred Heart Monastery

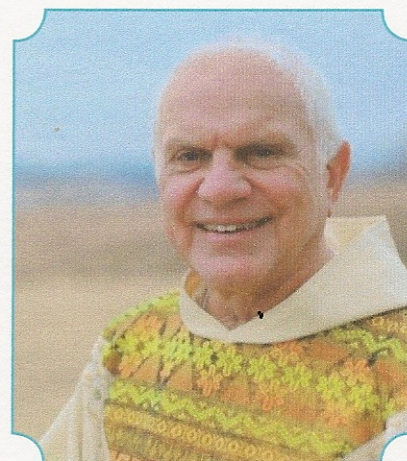
– *Fall Oblate Retreat* –

“Five steps to a vibrant Christian Life”

Presenter is: *Fr. Thomas A. Hillenbrand, O.S.B.*

Born in Evansville, IN in 1939 Fr. Tom professed his vows to Benedictine Monastic Life on August 15, 1960 and was ordained a priest on May 27, 1965.

During his many years of monastic life and priesthood, he served the Blue Cloud Community at Marvin, SD as Novice Master, missionary at Resurrection Priory in Coban, Guatemala – a dependent house of Blue Cloud Abbey – and as Abbot. Preceding the assignment to Guatemala, he ministered as chaplain at Sacred Heart Monastery & Mount Marty College in Yankton, SD, and as pastor at St. Michael Indian Mission on the Ft. Totten Indian Reservation in North Dakota. After the closing of Blue Cloud Abbey in Marvin, SD, in 2012, Fr. Tom transferred his stability as a Benedictine monk to Christ the King Priory in Schuyler, NE in 2013.



**Friday, October 27 at 5:00 p.m. —
Sunday, October 29, 2017 at noon**

The retreat is available to both women and men

| **The retreat costs \$120** Scholarships are available. |

Please Register by **October 20, 2017** for the retreat opportunity listed

To Register: Contact S. Patricia Heirigs by visiting our website at

<http://yanktonbenedictines.org/oblates> or

(605) 668-6017 or (605) 668-6000



Yankton Benedictines

SACRED HEART MONASTERY

Yankton, South Dakota